

SHOOT THE ROCK YOUTH RECREATIONAL BASKETBALL LEAGUE RULES OF PLAY

CIF-Northern Section High School rules apply with the following exceptions.

GAMES - 4th-6th Grade Boys and Girls and 7th-10th Grade Girls games will consist of four 10-minute quarters, running clock, with a stopped clock in the last 1 minute of the 4th period, unless the lead is 10 or more points. Middle and High School Boys games will consist of four 10-minute quarters running clock with a stopped clock in the last 2-minutes of the 4th period, unless the lead is 15 or more points. Teams have 2-30 second timeouts per half. (Games may be extended to 11 or 12 minute quarters if either or both teams have more than 10 players on their roster(s) and are at the game site ready to play prior to the start of the game-Coaches must make the request to the scorer's table **prior** to the start of the game).

OVERTIME - No overtime for 4th-6th Grade games. Two minute overtime with stopped clock in the final minute for 7th-12th Grade games. 1 timeout per team in the overtime period. Subsequent overtimes will be 1 minute and 30-seconds respectively, with stopped clock and one timeout per overtime period. Games still tied after 3 overtime periods will remain tied.

BONUS RULE - (1+1) foul shooting will be in effect at the 5th team foul in each quarter. Double bonus (automatic 2 shots) at the 7th team foul in each quarter.

TECHNICAL FOULS - Teams awarded two points and ball out-of-bounds. Player disqualification at five personal fouls, technical fouls are not personal fouls.

BALL SIZE – 4th and 5th Grade Boys & all Girls teams will use the Intermediate size ball. All 6th Boys and Junior and High School Boys teams will use a regulation size ball.

JUMP BALL - To begin each game. Alternating possession thereafter, including at the start of each new quarter.

PRESS - No press (back court pressure) allowed for 4th-6th Grade Teams and 7th-11th Grades Girls Teams. Junior High and High School Boys Teams may press as long as lead is not more than 15 points. Violations of this rule may result in technical fouls being assessed.

DEFENSE - Teams may play man-to-man or zone defense.

EQUAL PLAYING TIME - Each player **must** receive equal playing time each game. Failure to comply may result in game forfeiture and coach suspension. If necessary, the game officials will determine compliance.

SPORTSMANSHIP/PLAYERS CODE OF CONDUCT - Good sportsmanship is expected from all players, coaches, parents, spectators and teams. Unsportsmanlike conduct will not be tolerated and offenders may be penalized and "sat-out", ejected, or suspended from further participation in the program. Teams (including their coaches and spectators) will be graded on sportsmanship by recreation staff at the conclusion of each game. The team in each division receiving the highest sportsmanship grade will be receive special recognition at the end of the season!